

What is claimed is:

1. A nebulizing pad, comprising:
 - a flap; and
 - an absorbent central core attached to the flap,
 - wherein the flap includes an adhesive coating.
2. The nebulizing pad of claim 1 wherein the adhesive coating is pressure-sensitive.
3. The nebulizing pad of claim 1 wherein the adhesive coating includes one or more adhesive strips.
4. The nebulizing pad of claim 1 wherein the flap is shaped as an arched rectangle.
5. The nebulizing pad of claim 1 wherein the flap is flexible.
6. The nebulizing pad of claim 1 wherein the absorbent central core is made of one or more materials from the group consisting of fabrics, natural fibers, synthetic fibers and cellulose derivatives.
7. The nebulizing pad of claim 1 wherein the absorbent central core includes one or more portions that are pervious to liquids.

8. A method of nebulizing a tracheostomy tube of a user using a nebulizing pad having a flap and an absorbent central core attached to the flap, the method comprising:
 - adhering the flap of the nebulizing pad to an edge of the tracheostomy tube so that the absorbent central core of the nebulizing pad is positioned in front of an opening of the tracheostomy tube, wherein the flap includes an adhesive coating;
 - placing a nebulizing agent on the absorbent central core; and
 - using the nebulizing agent to nebulize the tracheostomy tube.
9. The method of claim 8 wherein the flap of the nebulizing pad is adhered to the top exterior edge of the tracheostomy tube.
10. The method of claim 8 wherein the adhesive coating of the flap is pressure-sensitive.
11. The method of claim 8 wherein the adhesive coating of the flap includes one or more adhesive strips.
12. The method of claim 8 wherein the nebulizing agent is water.
13. The method of claim 8 wherein the absorbent central core is proximate to the opening of the tracheostomy tube.
14. The method of claim 8 wherein placing the nebulizing agent comprises saturating the absorbent central core with the nebulizing agent.

15. The method of claim 8 wherein using the nebulizing agent comprises:
inhaling, by the user, through the tracheostomy tube; and
in response to the inhaling, nebulizing the tracheostomy tube with at least a portion of the
nebulizing agent.